

Growing Healthy Families

BURLINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
108 Cherry Street, Suite 102, Burlington, VT 05401 • 1-802-863-7323 or 1-888-253-8803

Check out www.WIChealth.org

Did you know all WIC families need to complete nutrition education in-between their regular 6-month, in-person WIC appointments? www.WIChealth.org is an online nutrition education option that you can use on any computer, tablet or smartphone. www.WIChealth.org offers lots of great recipes and tips on preparing healthy foods.

Call us at 863-7323 for your WIC household ID to get started!



Don't forget to use your Farm to Family coupons!

Your Farm to Family coupons expire October 31, but many farmers' markets end their season earlier than that — check with your favorite Chittenden County farmers' market to find out when it ends for the season, and don't miss the chance to use all your coupons!

City Market classes

Call for dates and times
City Market/Onion River Coop
82 South Winooski Avenue
Burlington

WIC participants can take many of City Market's cooking classes for free! Many of these classes fulfill the WIC nutrition education requirement.

To find out about class offerings, dates and times, or to register, call City Market at 861-9756, or register online at www.citymarket.coop, and enter the promo code "healthykids."

WIC baby behavior and breastfeeding workshops

Tuesdays, 5:30–7:00 p.m.
September 20 and November 15
VNA Family Room
20 Allen Street
Burlington

Babies are born with the ability to communicate their needs — we just have to learn their body language and recognize their cues. You're invited to a fun and free workshop all about understanding baby behavior and getting ready for breastfeeding! Come learn more about how babies communicate, how breastfeeding works and best practices for a successful start. Partners and other family support welcome. You'll leave our group feeling prepared, supported, and ready for baby!

Call Jess at 373-7074 or e-mail Jessica.Laclair@vermont.gov to register.

Hannaford classes

Check online for dates and times
Hannaford in South Burlington
and Williston

Hannaford offers free nutrition demos and classes covering numerous topics, taught by a registered dietitian. Many of these classes fulfill the WIC nutrition education requirement.

To find out more about class offerings, visit www.hannaford.com and click on the "Healthy Eating" tab.

**All activities are FREE
of charge!**